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Reserve

NARRATIVE TO ACCOMPANY SILENT VERSION OF
UNITED STATES DEPARTMENT OF AGRICULTURE
16-MILLIMETER KODACHROME MOTION PICTURE

FOR HEALTH AND HAPPINESS

NOTE: The person who is to show the picture should study the narrative, then have a preview of the picture and practice reading the narrative so that it fits the action.

The episodes are listed in the column at the left of the page; the narration at the right. Except as otherwise noted, reading of the narration for each scene or sequence should begin immediately when the corresponding scene appears on the screen.

Episodes

Narration (start as boy gets out of canoe).

1 a. Older boys and girls canoeing.

As canoe touches bank, boy

helps girl out.

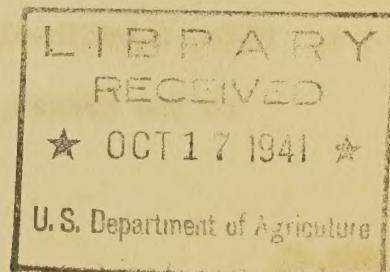
b. Boy and girl stand on bank.

1 a. We shall show you in this film

typical examples of children

who have been well brought up--
the kind who grow to be strong,
healthy, and happy, like these
young folks.

b. Sturdy growth, joyousness, contentment in life and vigorous health for the children of to-day will build men and women of tomorrow with strength of body, nerve and mind, and thus a better chance to get the most out of life.



2. School children playing.

2. (Begin as 1-b fades out.)

These healthy school children, from babyhood, have had right food, sunshine, companionship, and intelligent care. Your child can have all these too.

3 a. David standing with ball over head.

3 a. Do you really see your child when you look at him? Look at David, age 9.

3 b. Head to foot view of David, showing points mentioned in narration.

3 b. Note his glossy hair. . . good color. . . and broad chest, with room for his lungs to breathe. David shows no curves or enlargements of bones of ribs, knees or ankles due to poor bone growth. . . He has well-shaped knees. . . straight legs . . . strong feet with small ankle bones, fine arches, and straight toes.

(No pause)

c. David pushing lawn mower (short scene).

c. David has good muscles and uses them well; and he is well, because his parents have given him a chance from infancy.

4 a. Milo, 3-month-old infant, at the breast.

4 a. Like David, little Milo has been breast fed since birth. Breast food is baby's best food.
(No pause)

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|--|--|
| 4 b. Milo, on table in the sun
(short scene). | 4 b. Milo, 3 months old, getting his
daily exercise. Already he raises
himself up. |
| 5. Helen on her mother's lap. | 5. Helen getting her sunbath. At 3
months her back is well shaped. She
holds her head erect. The straight
lines down her side show good de-
velopment. |
| 6. Bill on the bed creeping
toward his mother
(short scene). | 6. Watch 7-month-old Bill pull himself
up. Don't jump your baby up and
down until he does it himself. |
| 7. Jean on the grass, creeping
(short scene). | 7. At 10 months small-boned, beautifully
developed, Jean gets her exercise.
Give babies plenty of space to creep. |
| 8 a. Ann, front view holding to
mother's hand. | 8 a. At 13 months Ann takes her first
step alone. Se her <u>broad chest</u> and
<u>fairly flat tummy</u> , though she has
just had her dinner. |
| b. Ann, back view, standing with
doll carriage. | b. Ann loves to stand holding to the doll
carriage. Note her <u>nice straight</u>
back - - - |
| c. Ann, profile, standing with
doll carriage. | c. And the straight lines down her
side. Ann has a well-shaped head,
good color, and abundant glossy
curls. (Short pause.) |

9. Jimmy and Ann standing at table, then Jimmy alone.
9. Jimmy, same age as Ann, is stockier. His bones and muscles are heavier. He walked sooner, partly because he had more chance to creep.
10. Preschool children playing. (short scene).
10. All of these preschool children have been well fed since birth and have always had good appetites. (No pause.)
11. Tall girl and shorter boy, same age, pulling "kiddie car."
11. Agnes and Karl, both $2\frac{1}{2}$ years, but of different size and coloring. (No pause.)
- 12 a. Several scenes of Karl.
- 12 a. Karl has a well-shaped head, glossy hair, and very good color.
- b. The scene with dandelion is rather long followed by a short one in which he looks up and opens his mouth to show his teeth.
- b. As he watches his dandelion sail away, presently, see what fine teeth he has. How straight and even they are in his broad, well-developed jaw, which gives plenty of room for his second teeth. (No pause.)
- 13 a. Patsy, short and slender, on the "teeter" with Karl, shows the best muscular coordination of any child in the group.
- 13.a. Joyous, fairylike Patsy, is a beautifully developed child who rejoices in activity. (No pause.)
- b. Patsy standing with ball over head, then rolling on it, scrambling after ball on hands and knees.
- b. Patsy at 4 years knows her foods. She told her aunt, "I mustn't drink cocoa, tea, coffee, coca-cola--nothing but milk."

14. Three little girls at table. 14. Patsy is serving milk to her little friends. . . . Patsy and dark-haired Marilyn are both 4 years old. Marilyn is taller and broader than Patsy, but has poorer muscle coordination.
- 15 a. Brother and sister on jungle "gym." 15 a. Bobby, 6, and his sister, 4, have well-grown bones and strong muscles. What good control they have of them! (No pause.)
- b. Hanging by his hands, Bobby stretches back and ribs. b. Bobby's perfectly developed chest and ribs give plenty of room for breathing. (Short.)
- c. Bobby looks up and shows his teeth; smiles at audience. c. Bobby, also, has well-spaced, even teeth in a well-developed jaw.
- 16 a. Group of older school children playing with balls. 16 a. Note these happy 7- to 11-year-old children.
- b. Two 7-year-old girls, showing contrast in build at same age. b. Barbara, in the foreground, is well developed, tall, with broad shoulders. Joan, too, is well developed, but short and stocky.
17. Older school children passing ball to one another. 17. This older group shows differences in size and build. Small Harriet in the center is 9 years old, and Marilyn, the largest, is 13.

18. Two boys tossing ball back and forth. Shows marked contrast in size and body type (longer scene).
19. Jean climbs a pole and slides down again. Stands a moment at foot of pole.
- 20 a. Allen and Betty pulling on a rope.
- b. Allen chinning himself on bar. Front and side view.
- 21 a. Mother and two small children picking beans (very short scene).
- b. Short flash of father and little girl carrying basket of eggs from barn.
18. This is David, 9 years old, and Don, 12. Don is the thin, wiry type. David, whom we have met before, is heavy. (Pause.)
19. Jean, 11 years old, shows beautiful development and excellent control of her muscles . . . and is a lovely looking young creature . . . because from infancy she has everything that helps to make a beautiful human being. . .
- 20.a. Allen, 14, and his sister, 13, illustrate the race-horse type with long slender bones and muscles. Still growing rapidly, they need plenty of the right kind of food and rest.
- b. Allen shows excellent control of his long slender muscles; carries himself well, breathes well.. His charming smile shows vitality and joy in living
- 21 a. (Begin during fade-out.) These children helping mother to pick vegetables get many kinds of nourishment-- fresh air, sunshine, vegetables, . . . eggs too. (No pause.)

- 22 (a) through (o) show food groups included in BHE folder, "Eat the Right Food."
- 22 Now note the following necessary foods:
- a. Milk--the best bone-building food for all ages.
- b. Oranges--an excellent source of vitamin C. (No pause.)
- c. Also tomatoes and cabbage.
- d. Potatoes--a cheap source of iron, vitamin C and energy. (Very short.)
- e. Green and yellow vegetables--strained of course for babies.
- f. Dried beans--for blood and muscle. Not for young children. (Speak a bit faster.)
- g. This cut of beef costs little. Pig's liver, also cheap, has all this cut has plus all of the vitamins. Strain liver for babies.
- h. Dried fruits--strained, of course, for baby.
- i. Fresh fruits, too.
- j. Bread--whole grain after about 2 years
- k. Whole-grain cereal like rolled oats, with milk, is fine for breakfast. Strain for baby. (Short.)
- l. Eggs--if you can afford them--one a day for children.

22 m. Salmon or other fat sea fish, a cheap protein food. The strained oil can take the place of some of your cod-liver oil, even for baby.

n. Bacon--an appetizing energy food, good for growing boys and girls. (Short.)

o. Sweets--should give more than just energy. Molasses and brown sugar give some iron. White sugar does not. (Short.)

NOTE: This final sequence is quite long. Time the narration so you do not have a long silence at the end.

23 a. Short flash of canoeing party walking along the towpath.	23 a. Well-nurtured children become healthy and happy grown-ups.
b. An athlete throwing the discus.	b. An abundant and properly-balanced diet based on the foods just seen. . . plus plenty of sunlight and play. . .
c. Two couples of college youngsters toss rackets to determine partners in a tennis game.	c. And a due portion of the milk of human kindness, makes children grow into healthy, well-balanced, efficient citizens.
d. They stop to measure height of net.	d. All the youngsters seen in these pictures have had such care. We must see to it that the boys and girls in our homes and on our playgrounds - - -

23 e. Two members of track team
wrestling.

f. Four scenes to close the
picture:

1. Man and boy tossing wheat
sheaves into separator.
2. Man driving a steam shovel.
3. Mother putting children
to bed.
4. Group of student aviators
taking off.

23 e. have the inexpensive yet priceless
advantages these youngsters have
had; - - -

f. and are thus well-fitted to take their
places in the ranks of those who do
the everyday work of the world--the
work on which our national welfare
depends.

1. The purpose of this study is to

investigate the effects of the

study

2. The study was conducted in the

field in the month of June 1964

the results of the study are

presented in the following

chapter.

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